

Eating Healthy

With the Diabetes Food Pyramid

The Diabetes Food Pyramid has six food group sections. The largest group - grains, beans and starchy vegetables - is on the bottom and serves as the base of the pyramid. This means that you should eat more servings from this group than of any of the other food groups. The smallest group - fats and sweets - is at the top of the pyramid, emphasizing that you should eat less of these foods.

The number of servings you need from each food group depends on your nutrition needs, your lifestyle, and the foods you like to eat. For a healthy meal plan that is based on your individual needs, you should work with a registered dietitian (RD). The following chart shows a sample number of servings from the pyramid food groups for different calorie needs. Carbohydrate food groups (marked as *) may be interchanged.

Daily Calories	1500	1800	2000	2200	2500
*Grains, Beans and Starchy Vegetables	7	9	10	11	12
Vegetables	3-5	3-5	3-5	3-5	3-5
*Fruits	3	3	3	4	4
*Milk, skim	2	3	3	3	4
Meat	2	2	2-3	2-3	2-3
Fats	4	5	6	6	8
*Sweets	Substitute by counting each 15 grams of carbohydrate for one serving of a carbohydrate food group.				

Keep your blood sugar at a healthy level each day.

- Divide your food intake evenly throughout the day into regular meals and snacks.
- Distribute carbohydrate foods so that about the same amount of carbohydrates are eaten at about the same times each day.
- Do not skip meals or snacks.

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Sample 1800 Calorie Meal Pattern

Meal Pattern:

Breakfast

2 starch
1 fruit
1 milk
1 fat

Morning Snack

1 starch and 1 fruit

Lunch

1 meat
1 starch
1 vegetable
1 fruit
2 fat
1 milk

Afternoon Snack

1 starch

Supper

2 starch
3 vegetables
1 meat
4 fat

Evening Snack

1 fruit, 1 milk

Sample Menu:

Breakfast

1/2 cup oatmeal
1 slice toast
1/2 cup orange juice
1 cup skim milk
1 teaspoon margarine

Morning Snack

3 graham cracker squares
1 small apple

Lunch

2 slices whole wheat bread
2 teaspoons mayonnaise
1 cup carrot and celery sticks
1 orange
2-3 oz sliced ham
1 cup skim milk

Afternoon Snack

4-6 crackers

Supper

2-3 oz chicken
1/2 cup potatoes
1/2 cup corn
1/2 cup green beans
1/2 cup tomato juice
2 teaspoons margarine

Evening Snack

1/2 cup peaches (light syrup)
1 cup skim milk